Comparison Resilience of UNAI Dormitorium Male and Female Students During Pandemic Covid 19, March to May 2020

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Abstract

The Covid-19 pandemic is the most serious and potentially transformative event of our lifetime. We are only at the earliest stage of major disruptions to the lives of individuals and families, communities, the national economy, supply chains, critical infrastructure, and agriculture worldwide. Concerns about Covid-19 have brought rapid changes, which can bring stress, anxiety, and fear. Our foundation may feel unstable, our grasp and sense of control may feel tenuous. Losing any relatives and loved ones, dismissal from jobs, a disaster such as an earthquake, fire, along with terrorist attack influence people deeply. Despite being exposed to such severe conditions, people recover themselves even if they cannot completely forget these risky situations. Psychological resilience is perceived as an adaptation process to normal life pace (Tusale & Dyer, 2004). This study aims to measure the resilience of 280 Universitas Advent Indonesia (UNAI) students, which is composed of 185 female students (66%) and 95 male students (34%). A quantitative survey was conducted to compare resilience between Female and Male UNAI Students from March to May 2020, using the Connor-Davidson Resilience Questionnaire with (0.94% Reliability). The result describes that UNAI Female students have a grand mean resilience of 3,6339, and Male students have a lower grand mean resilience of 3,5503. It can be concluded that UNAI female students' resilience is higher than the male students.

Keywords: Covid-19, pandemic, resilience, male, female

INTRODUCTION

The Covid-19 pandemic is the most serious and potentially transformative event of our lifetime. We are only at the earliest stage of major disruptions to the lives of individuals and families, communities, the national economy, supply chains, critical infrastructure, and agriculture worldwide. There is no more urgent imperative than to communicate and empower all of us to use the most effective methods and tools for protecting ourselves from a potentially deadly virus at the individual, household, and community levels. This is the only hope for flattening the infection curve so as to allow more time for the health system to gear up and to put in place mitigation strategies. In order to have the greatest success in flattening the curve and delaying cases of COVID-19, we all have a role in helping to elevate awareness of these vital practices to make us safe. We also need to improve our capacity to help vulnerable populations who will be most

dramatically impacted by the disruptions associated with the drastic measures that governments are taking to try to slow the spread of the virus (Arbor, 2020).

Concerns about Covid-19 have brought rapid changes, which can bring stress, anxiety, and fear. Our foundation may feel unstable, our grasp and sense of control may feel tenuous. Losing any relatives and loved ones, dismissal from the job, disasters such as earthquakes and fire, and terrorist attacks influence the people deeply. Despite being exposed to such severe conditions, people recover themselves even if they cannot forget these risky situations totally. Psychological resilience is perceived as to adaptation process to normal life pace (Tusale & Dyer, 2004).

Resilience

Resilience is the capacity of individuals to adapt to new challenges. Those who were judged were more likely to do well in their first-year studies, but the trend was much more pronounced for female students than male students (Grove, 2014). Resilience, when coping with stress against serious negative life outcomes, leads to greater life satisfaction (R.E, Kaye and J.C Catling, 2018).

Resilience is defined as the ability to return to normal activity successfully after experiencing negative and severe threats, as the power to overcome hardness, stress, and deprivation (Begun, 1993).

Resilience is perceived as a personal characteristic in some studies, but in some others, it is considered as a quality to be learned afterward and a process established with the interaction of environmental factors. The more accepted view is that resilience is not a personal innate characteristic, but it's a process revealed as a result of the interaction of several factors in case of one's experiences in difficulty (Erdogan, E, Ozdogan, O, and Erdogan, M, 2015, 2p14).

Resilience is a dynamic process in which the individual displays positive adaptive skills despite experiencing significant traumatic adversity; it is a measure of the ability to cope with stress. Assets and resources within the individual, their life, and environment facilitate the capacity for adaptation and "bouncing back" in the face of adversity (windle, Bennert, & Noyes, 2011). Another definition describes that resilience means being able to withstand or quickly bounce back from challenging situations. In psychological terms, resilience means knowing how to react to adversity, trauma, or stress. It means knowing how to acknowledge these roadblocks, address them and adapt to them. Resilient people unfalteringly accept reality, have an extraordinary ability to adapt to significant change, and deeply believe that life is meaningful (Burns & Anstey, 2010).

Resilience has five subscales:

a. Personal Competence, Personal Competence is Refers to the capacity of **individual**s to act in a wide variety of situations. It is made up of self-awareness and self-management. Self-awareness is the ability to recognize your own emotions and their effects on yourself and other people (Dowling and Hendeerson, 2017)

b. Social Competence reflects having an ability to take another's perspective concerning a situation, learn from past experiences, and apply that learning to the changes in social interactions (Semrud and Cikeman, M, 2007).

c. Family Competence is the ability of a family to get. along and function productively through problem-solving, organization, and providing a positive emotional climate (Shammugavelayutham, 2012)

d. Personal Structure refers to the ability to express the thought (Rietmeyer, 2003)

e. Social Support, Social support is the perception and actuality that one is cared for, has assistance available from other people, and most popularly, that one is part of a supportive social network. (Vaux, 1988)

The effect of gender on resilience has been assessed in many of the studies, but no consensus was observed among the studies. In comparison, female students were observed to have higher resilience in the study of Onder and Gulay, 2008. Male students to have higher resilience in the study of Bahadr (2006). On the other hand, in some others, the relationship between gender and resilience was not observed (Aktay, 2010). Based on a study by Hays (2018) suggests women are more resilient than men. Analysis of three centuries of historical data showed women are more likely to survive famines and epidemics. Their advantage is earned early. Researchers say the life expectancy gender gap is at least partially explained by biological differences, as behavioral differences between male and female newborns are minimal. Scientists think genetic and hormonal differences may play a role, as previous studies have shown estrogen to help the immune system fend off disease. Scientists found women were more resilient and lived longer overall –even during good times. When life expectancy increased, women still outlived men by an average of between six months and four years.

75% of current college students say they need help for an emotional or mental health problem.

How to raise Resilience:

1. Having a strong network of supportive people who will listen to our problems.

2. Working toward goals by focusing on small steps.

3. Developing self-confidence. The more we can bounce back from setbacks.

5 Tips for developing college students' resilience:

1. Identify negative thought patterns.

2. Pinpoint the source of stress.

3. Manage your physical health.

4. Develop and strengthen positive relationships.

5. Set and work toward concrete goals.

RESEARCH METHODOLOGY

This research study used a survey method with a Resilience Scale questionnaire with (.94 Correlation). The convenience method was applied in this research. Respondents are UNAI

students, with 185 females and 95 males, a total of 280 respondents or 66% female students and 34% male students.
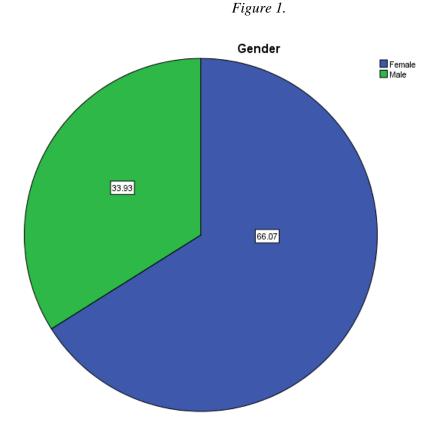
Demography:

Figure 1.

Figure 1, composition course of respondents 49,29% (138) respondents from Business Department, 13,21% (37) respondents from Education department, 11,79% (33) from IT department, 10,71% (30) from Nursing Department, 5.71% (16) from Theology Department, 3.93% (11) from Secretary Department, 2,86% (8) from Pharmacy Department and last 2,5% (7) from Biology Department.
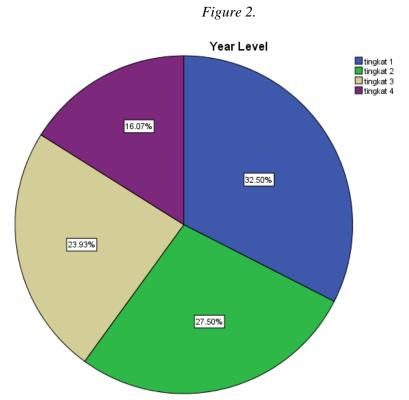
Figure 2.

Year Level

Figure 2, composition school Year Level of respondents 32.50% (91) respondents are the first year, 27,5% (77) are the second year, 23,93% (67) respondents are the Third Year, and 16.07% (45) respondents are the fourth year.
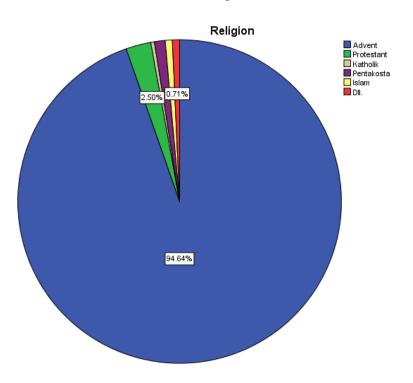
Figure 3.

Religion

Figure 3, composition religion of respondent, 94,64% (265) respondents are Seventh-day Adventist, 2,5% (7) respondents are Protestant, 0,71% (2) respondents are Muslim.

Analyze Statistic Result

Table 1: Mean Female

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Mean	185	2.32	5.00	3.6339	.44124
Valid N (listwise)	185				

The mean of resilience Scale result for female respondents is 3.6339, which means they have high resilience. A study by Hays (2018) suggests women are more resilient than men. Analysis of three centuries of historical data showed women are more likely to survive famines and epidemics. Their advantage is earned early. Researchers say the life expectancy gender gap is at least partially explained by biological differences, as behavioral differences between male and female newborns are minimal. Scientists think genetic and hormonal differences may play a role, as previous studies have shown estrogen to help the immune system fend off disease. Scientists found women were more resilient and lived longer overall –even during good times. When life expectancy increased, women still outlived men by an average of between six months and four years.

Table 2: Mean Male

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Mean	95	1.00	5.00	3.5503	.58497
Valid N (listwise)	95				

The mean of the Resilience Scale result for male respondents is 3.5505, which means they have high resilience but are lower than female resilience.

Table 3: Grand mean Male and Female

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Mean	280	1.00	5.00	3.6056	.49524
Valid N (listwise)	280				

Grand mean for Male and Female of Resilient scale.

CONCLUSION

Resilience is defined as the ability to return to normal activity successfully after experiencing negative and severe threats, as the power to overcome hardness, stress, and deprivation (Begun, 1993). Based on this study, students who chose to stay in the dormitory instead of going home in Pandemic Covid 19 time are those who have high resilience scores (3.60). Mean if Female Resilience student were (3,36), it shows higher than Male resilience (3.55). Based on a study by Hays (2018) suggests women are more resilient than men. Analysis of three centuries of historical data showed women are more likely to survive famines and epidemics. This study approves that female students have higher resilience than male students.

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